

# Healthy Happenings

Youth and Countywide Sports Division  
Department of Parks and Recreation, Prince George's County

## New Year, New You!

The Health & Wellness Team is bringing FREE nutrition workshops and fitness opportunities to you this New Year!  
Join us on your path to wellness as you set personal goals to start the New Year off right! Registration required.

Wednesday, January 5, 6-7 pm

### Eating for Health and Setting Wellness Goals Workshop

Start the New Year with an interactive session that will give you healthy tips to achieve your goals. Explore paths to healthy eating and learn how to balance your plate to meet your health and wellness goals. This virtual session will help you identify simple changes that will add up to major improvements! All ages welcome.

**Ticket Code:** YCSD-SPEC-GA-20220105

Saturdays, January 8, 15, 22 & 29, 9-10 am

### Wellness Walk

Walking is great for your physical and mental health! Learn how to establish a walking routine and connect with others with similar fitness goals. Participants can walk at their own pace on a route determined by the instructor. Level: All. Ages 13 & up.

Fairland Regional Park (located near ballfields)

13950 Old Gunpowder Road

Laurel 20707

**Activity Code:** 17679-179 A, B, C, & D

Wednesday, January 12, 6-7 pm

### What's on your Plate and Eating Out Workshop

Healthy eating starts with what goes on your plate. During this virtual session learn what a well-rounded meal looks like and tips to help you create a nutritious plate whether you're at home or out at a restaurant. All ages welcome.

**Ticket Code:** YCSD-SPEC-GA-20220112

Wednesday, January 19, 6-7 pm

### Mindful Eating Nutrition Workshop

Mindfulness is the capacity to bring full attention and awareness to one's experience, in the moment, without judgement. Mindful eating brings mindfulness to food choices and the experience of eating. In this virtual session, learn how to become aware of your thoughts, feelings, and physical sensations while eating. All ages welcome.

**Ticket Code:** YCSD-SPEC-GA-20220119

Tuesday, January 25, 6-7 pm

### Staying Motivated to Reach Your Physical Activity Goals Workshop

Whether you are starting a new exercise plan or refining your physical activity, what you eat matters. In this virtual session, explore when to eat and what kinds of food are best to fuel and maintain peak performance. All ages welcome.

**Ticket Code:** YCSD-SPEC-GA-20220125

## Thanksgiving Grant-ed Event Recap

On Saturday, November 20, the Health & Wellness Outreach Team partnered with the Hour Generation Foundation for their Fifth Annual Thanksgiving Grant-ed event. This Foundation was founded by Jerami Grant, NBA Pistons player and local graduate of DeMatha Catholic High School. The event supported the goal of the Health & Wellness Team to improve the overall health (physical, mental and environmental) of Prince George's County residents.

Approximately 250 turkeys and grocery bags with items to prepare a Thanksgiving meal were distributed to hundreds of Prince George's County residents as they drove through the Peppermill Community Center parking lot. The Health & Wellness Outreach Team distributed approximately 250 Grab & Go Nutrition Bags with a jar opener, vegetable peeler, fruit pen, activity book, and nutrition handouts to assist families with making healthy meals. Current and former DeMatha players, and members of a local church assisted with the distribution. There was great energy at the event! DJ Chris Styles also kept everyone moving and grooving with popular line dances and sing-along songs! The event was a huge success, and the Health & Wellness Team enjoyed the opportunity to support such a worthy cause again this year.



# February is National Heart Health Month!

Join us as we celebrate National Heart Health Month and learn about how we can live heart healthy together! Throughout February enjoy a variety of FREE virtual healthy cooking demonstrations and fitness opportunities all over Prince George's County.

Wednesday, February 2, 6-7 pm

## **Beans For Your Heart: Hearty Chili and Chips & Three Bean Salad Cooking Demonstration**

Discover ways to add more fiber in your diet and reduce cholesterol levels with these hearty bean recipes in this interactive virtual cooking demonstration. Registration required. All ages welcome. FREE

**Ticket Code:** YCSD-SPEC-GA-20220202

Saturdays, February 5, 12, 19 & 26, 9-10 am

## **Boot Camp**

Join us for a workout that strengthens your muscles and improves your heart health! Class includes a combination of bodyweight, strength, and cardio exercises to provide a challenging and rewarding workout experience. Level: Intermediate. Registration required. Ages 13 & up. FREE

Tucker Road Athletic Complex (located in parking lot)  
1770 Tucker Road  
Fort Washington 20744

**Activity Code:** 17673-179 F, G, H, & I

Saturdays, February 5 & 19, 1-3 pm

## **I Heart Skate\***

Grab your skates and join us on the ice for some physical activity that is sure to warm your heart! Wear red to receive one FREE open skate session general admission and skate rental. All ages welcome. **No registration required.**

Herbert Wells Ice Rink  
5211 Campus Drive  
College Park 20740

Saturdays, February 12 & 26, 1-3 pm

## **I Heart Skate\***

Grab your skates and join us on the ice for some physical activity that is sure to warm your heart! Wear red to receive one FREE open skate session general admission and skate rental. All ages welcome. **No registration required.**

Tucker Road Ice Rink  
1770 Tucker Road  
Fort Washington 20744

Wednesday, February 16, 6-7 pm

## **Healthy Seafood Feast: Pan Seared Tuna & Sautéed Cabbage Cooking Demonstration**

Explore the fun in making a healthy seafood recipe that is sure to help reduce cholesterol and give you the healthy fats your body needs in this interactive virtual cooking demonstration. Registration required. All ages welcome. FREE

**Ticket Code:** YCSD-SPEC-GA-20220216

Saturdays, February 19 & 26, 12 noon-2 pm

## **Swing Fore! Your Heart\***

Grab your clubs and your best swing and join us on the green for some physical activity that is sure to get your heart pumping! Wear red to receive one FREE small bucket of balls. All ages welcome. **No registration required.**

Paint Branch Golf Course  
4690 University Boulevard  
College Park 20740

Saturday, February 26, 5-6 pm

## **Hoops for Hearts: Basketball Skills Challenge (Indoor basketball courts)**

The court is in session! Come out and enjoy this action-packed experience. Hit the court to dribble through cones, make free throws, jump shots, and score as many points as you can within 60-seconds. Revive your love for the sport in a safe and exciting environment. Enroll now to build endurance, maintain wellness, and to 'keep balling'! Registration Required. Ages 6-14. FREE

South Bowie Community Center  
1717 Pittsfield Lane  
Bowie 20716

**Ticket Code:** YCSD-SPEC-GA-20220226

## **Did You Know...**

- Cardiovascular disease is the leading global cause of death, and accounted for approximately 18.6 million deaths in 2019.
- Heart disease remains the #1 cause of death in the United States, according to 2018 data.
- In 2018, 25.4% of adults did not engage in leisure-time physical activity, increasing the potential risk of experiencing negative heart-related health outcomes.

For more information on how to establish and maintain heart-healthy habits, visit <https://www.heart.org/en/healthy-living>.

Source: American Heart Association, 2021

**\*Promotion subject to designated time restrictions. Children under 13 must be accompanied by a parent or guardian.**

HEALTHY HAPPENINGS



For more information about programs & events please visit [wellness.pgparks.com](https://wellness.pgparks.com) or contact us at [wellness@pgparks.com](mailto:wellness@pgparks.com)

## DINE, LEARN & MOVE *goes Virtual!*

## Partners' Corner

MedStar Health plays an important and significant role in advancing health and partnering with others to facilitate community health improvement. Through a comprehensive approach to health and wellness, MedStar Health strives to enhance health outcomes through better care that emphasizes prevention, builds awareness, and fosters independence—especially in underserved communities.

This ongoing partnership supports multiple programs and brings expert resources and educational material to Department sponsored programs, events, and activities.

Saturdays, 8-10 am starting January 15; FREE

### Sports Medicine Injury Clinic

Free injury evaluations by a Medstar licensed athletic trainer or physical therapist for young athletes. Fast-track care to a MedStar Health orthopedic physician and a member of the Washington Capitals medical team. Athletes under the age of 18 must be accompanied by a parent or guardian.

Medstar Health Physical Therapy at Hyattsville  
6401 America Blvd Suite 204 (Second Floor)  
Hyattsville 20782

For more information email [MedStarATC@medstar.net](mailto:MedStarATC@medstar.net)

## The Passport to Wellness Program is Back!

The Department envisions an organization of healthy employees whose well-balanced lifestyle infuses every aspect of their being and enables them to enjoy an optimal quality of life. We invite you to enjoy a healthier lifestyle with our Passport to Wellness Program. As a M-NCPPC career, part-time career or term contract employee, you are eligible for this FREE membership. Enjoy the amenities of our fitness rooms, aquatics venues and open gym time during non-work hours.

Memberships have been reactivated and are available for use now. New to M-NCPPC after March 1, 2020 or never had a membership? Apply online at [Passport to Wellness Program](#) or email [wellness@pgparks.com](mailto:wellness@pgparks.com) for more information.



Join us each month for 90 minutes of virtual fun where participants will be able to get active, learn simple everyday tips for making healthy choices, and engage with a chef while watching a cooking demonstration. Dine, Learn & Move is FREE and presented to you in partnership with Prince George's County Health Department, Suburban Hospital, University of Maryland Capital Region Health, and M-NCPPC, Department of Parks and Recreation, Prince George's County.



Wednesday, January 26, 6-7:30 pm

### See the Year in a Whole New Way!

Let's "see" how we can make the best decisions for our health in 2022! Good vision helps us stay safe when exercising or in the kitchen. January is National Glaucoma Month, and to celebrate, we will learn about eye health from an ophthalmologist. Registration required. All ages welcome. FREE

**Ticket Code:** YCSD-SPEC-GA-20220126

Wednesday, February 23, 6-7:30 pm

### Mindful of Your Heart

Life can be fast-paced and stressful at times. To celebrate National Heart Health Month, we will lead you in a gentle flow exercise and stretching routine as a way to slow down and show our hearts some love. We will also learn to practice heart health in the kitchen with an interactive cooking demonstration. Registration required. All ages welcome. FREE

**Ticket Code:** YCSD-SPEC-GA-20220223



HEALTHY HAPPENINGS

  
**Parks & Recreation**  
M-NCPPC  
*live more, play more*

YOUR  
  
**Path to Wellness**  
[pgparks.com](http://pgparks.com)

For more information about programs & events please visit [wellness.pgparks.com](http://wellness.pgparks.com) or contact us at [wellness@pgparks.com](mailto:wellness@pgparks.com)